

Book Review

THE MULLIGAN CONCEPT OF MANUAL THERAPY 2ND EDITION

¹Wayne Hing, ²Toby Hall, ³Brian Mulligan

¹Ph.D., MSc (Hons), ADP(OMT), Dip MT, Dip Phys, FNZCP. Professor in Physiotherapy and Head of Program, Bond University, QLD, Australia.

²Ph.D., MSc, Post Grad Dip ManipTher, FACP. Adjunct Associate Professor, School of Physiotherapy and Exercise Science, Curtin University, Perth, WA, Australia; Director of Manual Concepts; Fellow of the Australian College of Physiotherapists

³Dip MT, FNZSP (Hon) Lecturer, Author, President MCTA, New Zealand.

Received 04th February 2023; Accepted 05th March 2023; Published online 30th April 2023

INTRODUCTION

The second edition of the book Mulligan's Concept of Manual Therapy has introduced new original techniques elaborated in the authors' first edition. The authors elaborate on more than 250 techniques of the Mulligan, concept and these include manual therapy techniques, taping techniques, and home exercises. All of the book's content has also been updated with new references to inform the reader of the current scientific evidence base for the Mulligan Concept. The book aims to be comprehensive to all professionals, an easy-to-follow resource for both novice and experienced researchers, as well as for the needs of clinical professionals, teachers, and students who aim to advance their knowledge of their wider range of original Mulligan Concept techniques. The clear identification of the fundamental principles and the simplicity of the instructions as a guide are effective and safe when put into practice according to the Mulligan Concept recommendations. The second book is intended by the authors to be a continuation of the first book, but itself supplementing, expanding, and including new original techniques in a more standardized format of all techniques that were not in the first edition. Even in the second book, the original techniques according to Mulligan's Manual Therapy: NAG-s, SNAG-s, and MWM-s are described in detail, where there was a great need that shared these techniques to be a comprehensive presentation of the techniques under the umbrella of the 'Mulligan Concept'. These techniques include MWM and other Mulligan techniques such as forms of pain relief. Each technique is comprehensively described in a simple and logical form explaining the indications and application for each technique and the modifications to make the approach as easy and practical as possible.

ABOUT THE AUTHOR(S)

Brian Mulligan first described Movement Mobilization (MWM) in 1984, he shared his techniques through his original book titled Mulligan's Manual Therapy of which there have been six editions over the past 30 years. He presented the science underpinning MWM and described aspects of the "art" inherent in its successful implementation, presenting the application of MWM in a series of case reports.

EVALUATION/ANALYSIS

The authors have described in each chapter the available evidence which is also detailed for each technique. The book is divided into chapters including all disorders of the musculoskeletal system in the whole body, depending on the disorders and articulations the book is

divided into the introduction of the book and 14 chapters. In the summary, all manual therapy techniques according to Mulligan's concept are generally described and explained starting from the easiest to understand and continue with original techniques. From Chapters 1-7 focus on mobility techniques, MWM, SNAG, home exercises, and recording techniques for the upper quadrant, as well as case studies. These chapters include cervicogenic headache and cervicogenic vertigo, temporomandibular joint, shoulder complex, elbow, forearm, wrist, and hand. Chapters 8-13 cover the lower quadrant, including the lumbar spine, sacrum, hip, knee, ankle, and foot. The final chapter covers commonly used PRPs, which are distinct from MWM but can be very useful in the appropriate clinical presentation, usually after the condition being treated is refractory to other Mulligan techniques. According to the author, the techniques in this text are derived from those presented in Mulligan Concept courses taught around the world and as such form the curriculum of the various levels of those Mulligan Concept courses. A glossary of notations for the techniques described is also presented, along with an explanation of the rationale underlying the notation system.

STRENGTH

The strengths of the books The Mulligan concept consists of corrections, treatment, and education which are described as: defect in position, treatment plan, pain-free, repetition. In the original techniques described as indications, the position of the patient, position of the therapist, position of the hand, mobilization, joint movement, and the result are techniques that present lasting benefits in the improvement of patients.

WEAKNESS

In terms of the weaknesses of the Mulligan concept described in detail, my opinion is that it is small since this edition itself is the second and the author himself describes that the book is more detailed than the first one where new techniques are also described.

CONCLUSION

This book is special because the author has described original techniques and my opinion is that it is a book that contributes to the education of new generations who took both in terms of advanced studies and in the treatment of patients. The path for research in terms of research in terms of new techniques would be a very high need since even in the scientific databases there is a not very large number. My opinion is that every professional who deals with pain reduction should have this book and in particular every Physiotherapist.

Author Information

Name and degrees: Feim Gashi PT Cand Ph.D.

Affiliations: Physiotherapy Program, Faculty of Medicine, Alma Mater Europaea -ECM;

BIBLIOGRAPHIC INFORMATION

Book Specifics

ISBN: 978-0-7295-4282-1

This edition © 2020 Elsevier Australia. First edition published by Elsevier Australia © 2015

Elsevier Australia. ACN 001 002 357(a division of Reed International Books Australia Pty Ltd) Tower 1, 475 Victoria Avenue, Chats wood, NSW 2067

Number of Pages: 390

Book Setting & Perspective

Type of Book: Medical sciences

Aim/Propose: New knowledge of techniques according to the Mulligan Concept

Intended Audience: Doctors, Physiotherapists
